

FREE · UPGRADE YOUR LIFE IN 6 MONTHS

The 6-Month Life Reset Planner

*Six months. One honest plan. A noticeably better life.
(And fewer 2am to-do lists.)*

Life audit · 6-month goals & roadmap · monthly, weekly, daily pages
Habit tracker · money snapshot · self-care menu · 6-month review

by Sylvia

thetotalwomanconcept.com

START HERE

Hi, I'm glad you're here.

This planner isn't here to turn you into a brand-new person by Monday. Nobody needs that pressure. It's here to help you upgrade your life over the next six months: look at it honestly, decide what matters, and take small, realistic steps every single month. Six months is long enough to change a lot, and short enough to stay focused. Slightly sarcastic encouragement included free of charge.

HOW TO USE IT

- 1 Do the Life Audit first.**
It takes 15 minutes and shows you where your energy is going.
- 2 Pick three 6-month goals.**
Not ten. Three. Then map them month by month on your roadmap.
- 3 Plan monthly, then weekly.**
Print the weekly and daily pages as many times as you need.
- 4 Track a few habits.**
Small wins compound. The habit tracker makes them visible.
- 5 Check in with your money.**
The money snapshot gives you a one-page view of where it goes.
- 6 Review at month 6.**
Re-do the Life Audit and compare. Then celebrate, properly.

Print it, or write on it in any PDF or notes app. Then come back to it often.

With love, Sylvia

STEP 1

The Life Audit

Rate each area from 1 (help) to 10 (thriving). Shade each slice up to your score. Be honest: nobody is grading you.



WHAT SURPRISED ME

THE ONE AREA I'LL FOCUS ON FIRST

STEP 2

More of this, less of that

I want more of...

I want less of...

BRAIN DUMP

Everything in your head: tasks, worries, ideas, that email you keep avoiding. Get it out so you can sort it.

STEP 3

My Three 6-Month Goals

Three goals for the next six months. Small enough to be realistic, big enough to change your life.

1

GOAL

WHY IT MATTERS TO ME

MY FIRST TINY STEP

WHAT MIGHT GET IN THE WAY

WHO OR WHAT CAN HELP

2

GOAL

WHY IT MATTERS TO ME

MY FIRST TINY STEP

WHAT MIGHT GET IN THE WAY

WHO OR WHAT CAN HELP

3

GOAL

WHY IT MATTERS TO ME

MY FIRST TINY STEP

WHAT MIGHT GET IN THE WAY

WHO OR WHAT CAN HELP

STEP 4

My 6-Month Roadmap

Break your goals into monthly milestones. Month 1 should feel almost too easy. That's on purpose.

1

MONTH

Reset

FOCUS & MILESTONE

DONE? WINS & NOTES

2

MONTH

Build

FOCUS & MILESTONE

DONE? WINS & NOTES

3

MONTH

Grow

FOCUS & MILESTONE

DONE? WINS & NOTES

4

MONTH

Stretch

FOCUS & MILESTONE

DONE? WINS & NOTES

5

MONTH

Strengthen

FOCUS & MILESTONE

DONE? WINS & NOTES

6

MONTH

Celebrate

FOCUS & MILESTONE

DONE? WINS & NOTES

PLAN

Monthly Planner

MONTH _____

FOCUS THIS MONTH _____

MON	TUE	WED	THU	FRI	SAT	SUN

IMPORTANT DATES

BILLS DUE

NOTES

PLAN

Weekly Planner

WEEK OF _____

SUNDAY RESET

- ☐ Clear the kitchen
- ☐ Check the calendar
- ☐ Plan a few meals
- ☐ Lay out Monday's outfit
- ☐ Check my spending

TOP 3 THIS WEEK

- _____
- _____
- _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SOMETHING TO LOOK FORWARD TO

PLAN

Daily Page

DATE _____

MOOD ☐ great ☐ good ☐ okay ☐ low ☐ rough

MORNING ANCHOR

One small thing that's just for me today:

TOP 3 PRIORITIES

☐

☐

☐

SCHEDULE

7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	

NOTES

WATER

☐

☐

☐

☐

☐

☐

☐

☐

GRATEFUL FOR

Habit Tracker

MONTH _____

Habitat

Habit 2

Habit 3

Habit 4

Habit 5

[illegible]

HOW DID THIS MONTH GO?

MONEY

Monthly Money Snapshot

One page, one month. Know where the money goes before it disappears, because it will disappear.

MONTH _____

MONEY IN

AMOUNT

Salary _____

Side hustle _____

Freelance _____

Other _____

Total _____

MONEY OUT: NEEDS

AMOUNT

Rent / housing _____

Bills & data _____

Food _____

Transport _____

Debt payments _____

Total _____

SAVINGS & GOALS

AMOUNT

Emergency fund _____

Sinking fund _____

Investing _____

Total _____

MONEY OUT: WANTS

AMOUNT

Eating out _____

Shopping _____

Subscriptions _____

Fun money _____

Total _____

Money in - money out - savings = _____

Aim for zero: every unit of money has a job before the month starts.

My Self-Care Menu

Choose from the menu when you're running on empty. Add your own; the best ones are personal.

5 minutes

- Three slow breaths by a window
- Stretch at my desk
- Step outside without my phone
- Put on one song I love

My own:

30 minutes

- A walk with a podcast
- A long shower and skincare
- Call someone who makes me laugh
- Cook something simple and nice

My own:

Half a day

- A solo café date with a book
- A nap with zero guilt
- Explore a part of town I don't know
- A full Sunday reset

My own:

REFLECT

My 6-Month Review

Re-do the Life Audit on page 3 with a new colour first. Then answer these.

What went better than I expected?

What did I learn about myself?

What am I proud of, even if it's small?

What will I do differently next time?

NEXT STEP

Ready to take control of your money?

The full Total Woman budget planner is built for real life: irregular income, money you send home, multiple currencies, sinking funds, debt payoff and a guilt-free fun budget. One-time purchase, no subscription.

Find it in the Shop at thetotalwomanconcept.com